

Hockey team sees coaching staff undergo shuffle

Brian Brashaw

While integrating the recruits into the UNO hockey system, the coaching department has also undergone some serious changes. Head coach Mike Kemp had to scramble to find replacements for his two assistant coaches, David Quinn and Tom Mutch, who both left the program to take jobs elsewhere.

Quinn, the team's number one assistant who has been with the program since its beginning in 1996, departed to take the head coaching job for the USA Hockey 17 and Under National Developmental Team.

Mutch, who replaced Steve Rohlik as the number two assistant in 1999, took an assistant coaching job with the program at Northeastern, where he once played and coached.

Kemp found a replacement for Quinn on June 27, naming Doc DelCastillo to the number one assistant position. DelCastillo was the assistant at St. Cloud State University and also a former Omaha Lancer's assistant on the 1993-94 Clark Cup-winning team. DelCastillo then took the head coaching job at Rochester, also of the USHL, where he led his team to an 88-75-7 record over three seasons. He then returned to Omaha as associate head coach and general manager in 1997-98.

"My family and I are excited to come back to Omaha and its great hockey community," DelCastillo said. "I look forward to continuing the success that coach Kemp and his staff have had."

Mark Strobel became the successor of Tom Mutch on July 8, as he was named the number two assistant. Strobel, just 28 years old, has spent the last two seasons as an assistant with the University of Minnesota-Duluth. He also spent some time coaching the USA Hockey Junior A program and volunteered at Colorado College before joining the staff at UMD.

Strobel played for Kemp at Wisconsin. Strobel was a four-year player with the Badgers, while Kemp was the assistant under famed head coach Jeff Sauer.

"I am thrilled to add Mark Strobel to the coaching staff," Kemp said. "His character, competitiveness, and determination have been the cornerstones of his personality. He will bring a real enthusiastic presence to our program."

In other notes, two of UNO's recruits were drafted in the National Hockey League draft. Joel Andresen, a defenseman from St. Albert, Alberta, was selected by the Los Angeles Kings in the fifth round (157th pick overall) and Kaleb Betts, a forward from Maple Ridge, British Columbia, went to Nashville in the eighth round (235th pick overall). UNO Hockey begins its 2002-2003 campaign on Oct. 6 in an annual exhibition against Manitoba. ☺

UNO's Child Care Center maintains its accreditation

Josie Loza

UNO's Child Care Center was the first in Nebraska to be accredited by a national association and continues to maintain its accreditation.

The National Association for the Education of Young Children honored the center with a re-accreditation once again. The association awards child-care centers, preschools, kindergartens and before- and after-school programs.

Dawn Hove, director for the child care center, takes pride in her center. She feels the UNO center and its staff have provided a fun and safe environment for the children.

"To be licensed means you can practice, but to be accredited means the quality is going above expectations," Hove said.

The center underwent an intensive self-study, including interviews with parents, teachers and administrators as well as classroom observations to qualify for the accreditation. NAEYC focuses on the child's experience. So, the process carefully considers all aspects of a program, including health and safety, staffing, staff qualifications and



From left Emme Willerton, Chloe Muessignmann (toddler on lap), teacher Effie Swinarski and Zachary Carlsen all sing "Old McDonald's Farm" at UNO's Child Care Center. NAEYC honored the center with a re-accreditation.

interaction between the child and the center's staff.

The center also received an on-site visit from a NAEYC representative to validate their self-study results. A team of national child experts independently reviewed the study and granted the honor. The accreditation is valid for three years.

Hove said, the child care center was the first center in Nebraska to be accredited by NAEYC in 1990. Since that time, Omaha now has 18 centers that have been awarded the accreditation.

Hove said that her center provides a well-rounded experience for children and staff.

"It's about how we are providing quality care for family, and exceeding those standards," Hove said. "The recognition lets families know that we are accredited."

The center is open Monday through Friday from 6:30 a.m. to 5:30 p.m. year-round. It cares for about 85 children of students, faculty and alumni per semester. The ages of children range from 18 months to 12 years.

For more information about the center, call Dawn Hove at 554-3398 or visit her at Annex 47. ☺

UNO's Student Government gets down to business at its first and only summer meeting

A proposed change in UNO's shuttle bus system was among things discussed at Thursday's meeting

Kristin Zagurski

With only 17 members present, it was business as usual for UNO's Student Government at its July 11 meeting.

A letter of statement and two resolutions were passed and resignations and appointments also took effect at the meeting, which was held at 7 p.m. in the Nebraska Room of the Milo Bail Student Center.

The letter of statement, which passed unanimously, suggested "all faculty and staff ... assist seniors in their quest of graduation."

Shay Riggs, student president/regent, drafted the letter in response to the four-year graduation guarantee that will be offered under a recent NU Board of Regents resolution.

Riggs, who will be graduating in December, said, "I've had one heck of a time getting into the classes I need to graduate."

She said getting into classes is only going to become harder as budget cuts limit class offerings, and therefore availability.

Vance Valerio, assistant vice chancellor of student development services, sat in on the meeting and offered his input on the letter.

He told the Student Government, "If you're going to get something done, get something done that's going to have weight and merit for those of you who are seniors," and suggested it collaborate with the Faculty Senate to accomplish this.

Valerio said the "institution is going to have to pay more attention to what they're offering curriculum-wise," in order for a difference to be made.

Riggs said the letter of statement was simply a way to get the Student Government's "foot in the door" and to make the administration aware the Student Government is very concerned about students being able to graduate in a timely fashion.

Also passed, though only by a two-vote majority, was a resolution

purposing a red and blue line shuttle bus system.

Under this resolution, "one line of transportation would stay on main campus and circle there, while the other would circulate main and south campus, including the Aksarben area."

This resolution was highly debated, with arguments mainly focused on the probability of increased wait time should this new system be implemented.

Sen. Christopher Cashell argued that while it is feasible to walk across the main campus, even in poor weather conditions, it is not feasible to walk from the main to the south campus.

Sergeant at Arms Mike Sautter called the proposed system a "great idea," but one that needs research. He suggested a survey be taken to find out who uses shuttle buses and where they take them to and from.

Secretary Rachel Aranha purposed that there be a shuttle with only two stops - one both the main and south campus - instead of all shuttles making a complete cycle around the campuses.

With a surplus of ideas being offered, Riggs, the resolution's

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author, asked for amendments to the resolution, but none were offered and the resolution passed as it was written.

The second resolution passed suggested that "one of the reserved with 'special permission' parking stalls be named the SG-UNO Vice President parking stall."

This was purposed because, "the Vice President, like the Student President/Regent, has many duties demanding that he or she be in the office much of the week."

There was little debate surrounding the resolution, but Sen. Basel Kasaby did offer his input: "Take the shuttle," he said.

In other business, Riggs announced the resignation of three Student Government members, Sophomore Class Sen. Chris Shelton, Graduate College Sen. Eric Allen and Arts and Sciences Sen. Brianne Wilde.

Wilde was surrounded by controversy in April regarding Speaker Aaron Becker's attempted appointment of her to the position of Chief Administrative Officer.

At the Student Government's April 25 meeting, Becker attempted to appoint Wilde to the position of CAO, which former Student Government member Stephanie Trudell was vacating.

Initially, Wilde was deemed approved by Becker, with an apparent 22-8 passing vote, but a recount was ordered during an executive session, during which it was found the number initially voted on was erroneous, *The Gateway* reported in April.

A re-vote was ordered and the appointment did not pass with the needed two-thirds majority.

Becker then suspended the rules to hear Wilde's appointment again, which once again failed to achieve majority and the position of CAO became vacant May 1.

Another position became vacant at the meeting, as Legislative and Public Relations Chair Tracy Thiesen announced her resignation. She said she had ideas for the upcoming campaign, but no time to work with them.

Vice President Joe Bilek said he does not see the resignations as a setback, but as an opportunity.

He said he was "eager and excited to fill newly vacated Senate positions," and starting doing so by appointing two new senators - Fine Arts Sen. Jeremy Davis and Arts and Sciences Sen. Patrick Rowley.

After more than four months of uncertainty surrounding the Fireplace Lounge issue, Riggs announced its final resolution.

At the Student Government's March 7 meeting, a resolution was passed calling for the "termination of taped shows in the [MBSC] Fireside Lounge."

The Gateway reported in March that Riggs cited the fact that such activities prevented use of the lounge by students, including all-day Thursdays. Another concern was the presence of what senators feared was hazardous equipment, as well as the blocking of handicapped access to offices near the lounge, including Student Government offices.

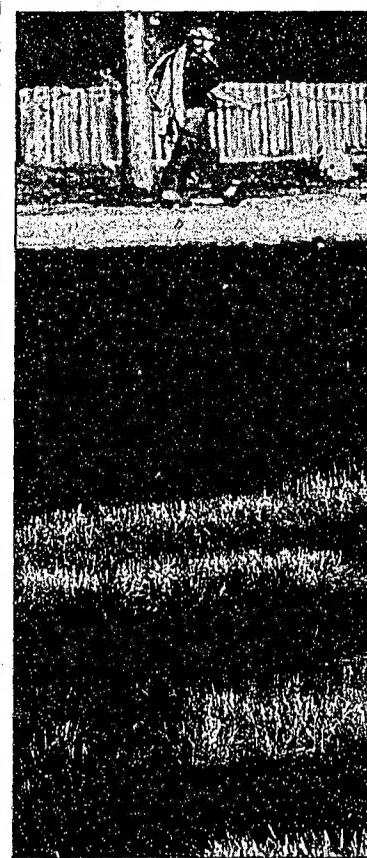
While not specifically naming the "Consider This ..." program, which occupies the lounge from 9 a.m. to 4 p.m. each Thursday, the proposal would have forced the largely student-produced show to find another location at which to tape.

However, upon months of review by administrators, it was decided that "Consider This ..." will not have to tape at a new location.

Riggs said allowing the program to be taped in the Fireplace Lounge is a form of community outreach, and seeing no viable alternative, it will continue being taped there.

The program's crew will speed up its morning prep-time, Riggs said, making the lounge available for a portion of Thursday mornings. ☺

Fireworks cause field fire



A fireman cleans up after extinguishing a grass fire that erupted June 30 on the south campus near the site of the purported Scott Village residence hall. A Campus Security official said the Omaha Fire Department determined the blaze, which burned an approximated 65 by 260 feet area, was ignited by fireworks.

photo by Chris Machian

Togo convention brings U.S. Togolese community together

Zahra Cheema

The North America Convention of Togo was held in Omaha at the Crowne Plaza. From Friday, July 12 to Sunday, July 14, about a 100 Togolese from around the United States came together to meet one another and share ideas.

The convention included panels on investment and insurance, immigration and education and group discussions. Attendees also had the opportunity to socialize with each other during a party and picnic.

The event, sponsored by the North America Convention for TOGO, Union de la Diaspora Togolaise and the Togolese Association in Omaha, is the fourth of its kind. The previous three conventions took place in Los Angeles.

Placide Dasilva, the national

president of NACT, said the convention came to the Midwest in order to reach out to other Togolese communities around the country.

"The ultimate goal is to unite people," Dasilva said. "To make sure nobody stays isolated."

Dasilva said that many times people coming from Togo know very little of the system of how things operate in the United States, such as the financial and education systems.

He said it is very important to let them know there is a whole country out there and a community of Togolese to help them.

Dasilva said the Togolese community in Omaha is especially important because it is the fastest-growing in the United States.

The convention started with about

20 to 30 people, but this year and last year the crowds have reached close to a 100 people.

People came from places such as Ohio, Massachusetts and Iowa.

Antonia Joppa, a junior at UNO who came from Togo nine years ago and understands the struggles of coming to a different country, appreciates the purpose of the convention.

"It's a great opportunity to meet our fellow countrymen," she said.

Joppa said the convention has motivated her to be more helpful to new Togolese she meets in Omaha.

The enthusiasm and unity displayed from the Togolese during the convention excited and surprised Kwasivi Amegah, the NACT secretary.

"This is just magical," he said. ☺

Campus crime blotter

Kristin Zagurski

June 11

10:23 a.m. Student reported theft of personal property from University Library.

June 12

10:56 p.m. Staff member reported smell of marijuana at University Village.

June 22

11:06 p.m. Staff member reported disorderly conduct at University Village.

June 25

9 a.m. Faculty member reported theft of university property from Durham Science Center.

June 26

4:04 p.m. Student reported theft of personal property from vehicle parked in Lot Q.

June 30

7:30 p.m. Scott Residence Hall staff member reported grass fire on south campus.

July 1

8:46 p.m. Student reported graffiti written on landing and stairs

at University Village

July 6

10:21 p.m. Visitor reported vandalism to their vehicle parked in Lot X.

July 8

11:50 a.m. Student reported vandalism to university property in Lot 6.

July 10

10:04 p.m. Student reported medical emergency in Lot M. ☺

the Gateway

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Bikram yoga offers Omahans healthy bodies, minds

Kristin Zagurski

While most people are trying to avoid the heat this summer, there are others who willingly enter it each day.

These people go into a 100-degree room, some of them multiple times per week, to practice a form of yoga that's rapidly gaining popularity in the Omaha area.

Bikram Yoga Omaha has been open for a little over two years, but Bikram yoga has been practiced in the United States for about 30 years, says Tippi Denenberg, owner of Bikram Yoga Omaha.

In 1973 there were only three Bikram studios in the whole country. Now there are about 500.

Bikram yoga was brought to the United States by Bikram Choudhury and includes a series of 26 poses. It differs from traditional (hatha) yoga in that it not only focuses on the physical aspect of the postures, but also on learning, dedication, ethics, morals and ancient teachings, says Theresa Murphy, manager of Bikram Yoga Omaha.

"People come wanting to get in shape and they end up getting so much more," Murphy says.

She says the list of things people gain from practicing Bikram yoga is endless, and includes peace of mind, comfort, happiness and freedom from stress, worries and negative energies.



Keefe Peterson, an instructor at Bikram Yoga Omaha, sweats through a workout in 100-degree heat. Bikram Yoga is practiced in heated rooms to help your muscles stretch and to expel toxins from your body.

"It lightens your spirit. It opens your heart," Murphy says. "It allows you to be truthful with how you live."

"It just makes you a beautiful person inside and out."

Denenberg added to the list of benefits, saying many of the students have

had health problems "melt away as a result of their commitment to the yoga."

"People say they are safer drivers, better golfers," Denenberg says, "better focused at work."

"The yoga, in teaching you to care for yourself, teaches you to care for others

too. You develop better empathy with others, you develop a social conscience, you care about the plight of others."

Murphy says there is a misconception that you have to be flexible or thin to do yoga, but she says that is not the case.

"All you need is an open mind," she says.

Murphy says the clientele has really grown over the studio's two years of operation despite the fact they have not advertised at all.

"You know the yoga really works because everybody is talking about it and bringing everyone they know," she says.

Denenberg says Bikram yoga is not a fad.

"Our students stay with us because they know it is far more beneficial than any of the exercise fads that have come and gone in that time," she says. "It's a hugely positive experience."

Bikram Yoga Omaha is located at 5020 Dodge St. and offers three to four classes per day, seven days a week. Class sizes range anywhere from eight to 27 people, with an average of 10-15 people. All classes are drop-ins with no reservations necessary.

The price for a single class is \$12, but bulk price passes are also offered.

For more information on Bikram yoga, visit Bikram Yoga Omaha's Web site at www.bikramyogaomaha.com. ☎

Summer health safety tips

column by Sarah Meedel

The temperatures may climb this summer, but that does not have to mean an increase in medical bills.

Because of the warmer weather, people are more likely to go outside and enjoy outdoor activities. This can cause the rates of unintentional injuries and heat-related illnesses to soar.

Though it may be true that these accidents can happen anywhere, there are still ways to prevent many from occurring.

The sun seems to be an unavoidable friend and foe. Various studies have shown the sun's rays have many benefits when exposure is done in moderation. But the earth-warming star can also have dangerous consequences for those underneath its rays.

Parents rub sunblock on their young children to protect their skin, but they may not be putting any on themselves. Just because someone is older and supposedly wiser, they are not immune from sunburn.

Many desire a glowing honey tan for their skin and disregard their own personal safety in their quest for beauty. Believe it or not, there are ways to tan safely. It is still possible to tan while wearing sunscreen. Sunscreen is designed to block damaging UV rays but does not entirely prevent the skin from tanning. Another way of explaining it is that sunblock lets the tanning rays in and keeps the burning rays out. Wearing sunscreen can help prevent premature aging and skin cancers. The American Red Cross recommends wearing sunblock with a SPF of 15 or higher. The

higher its SPF, the better protection and staying power a sunscreen has.

An alternative to tanning in the sun is to apply a self-tanner. They are fairly inexpensive and come in variety of shades. If one has trouble applying the product, some Omaha tanning salons offer "tanning spray chambers." The chamber sprays self-tanner evenly on a person's body, making application easier.

The sun's heat can often produce dangerous health problems for people outdoors. Heat cramps, heat exhaustion and heat stroke are a few of the possible negative side effects to enjoying the outdoors. Heat cramps are muscle pains that usually occur in the stomach and legs. They are brought on by heavy exertion. The American Red Cross suspects that "the loss of water and salt from heavy sweating causes the cramps."

Another heat-related illness is heat exhaustion. Like heat cramps, heat exhaustion is caused by heavy activity in warm weather that results in a major loss of fluids from the body.

"The great loss of fluids causes blood flow to decrease in the vital organs, resulting in a form of shock," according to the American Red Cross' Web site. Symptoms of heat exhaustion are cool, moist, pale, flushed or red skin; heavy sweating, headache, nausea or vomiting; dizziness and exhaustion; and an about normal body temperature.

The Red Cross offers some suggestions for treating heat cramps or heat exhaustion.

They include having the person

Need A Lift?

Summer Shuttle Bus Schedule

Monday - Friday 6:30 a.m. til 6 p.m.

(The service will not be in operation during July 4 holiday)



The summer schedule concludes Friday, Aug. 23. On Monday, Aug. 26, regular service will resume from 6:30 a.m. til 10:30 p.m.

For more information call
Campus Security 554-2648

Hungry? Take a trip to the Old Market

Kimberly Bryant

It's 6 p.m. and your stomach grumbles with hunger. You look in your refrigerator and groan as you stare at a box of baking soda, a bunch of soy sauce packets and some moldy cheese. You are hungry, but what do you do? You take a trip to the Old Market.

The Old Market boasts a great amount of restaurants, coming in a wide variety of costs and tastes to suit your pocketbook and your palette.

The following is a guide to some of the restaurants located in the Old Market.

Upstream Brewing Company

514 S. 11th St.

344-0200

Price Range: \$15-\$25

Hours: Monday-Sunday 11 a.m.-11 p.m.

Services offered: full bar, outdoor dining, party room, reservations, takeout
Credit cards accepted

The Upstream Brewing Company offers the diner a pleasant eating experience. The Upstream is a great place to unwind after a long day. Start your meal with one of the starter items such as the spicy mojo chicken quesadillas. Later, you can dine on a fresh-baked pizza, soup, or salad — all of which come in a great variety of choices. Dinner entrees include items such as beer-braised pot roast, Caribbean coconut shrimp, or grilled chicken penne pasta. The Upstream also offers vegetarian items such as roasted vegetable ravioli. After dinner, enjoy a dessert of caramel bread pudding or ask about one of the daily dessert specials the restaurant offers.

Trini's

1020 Howard St.

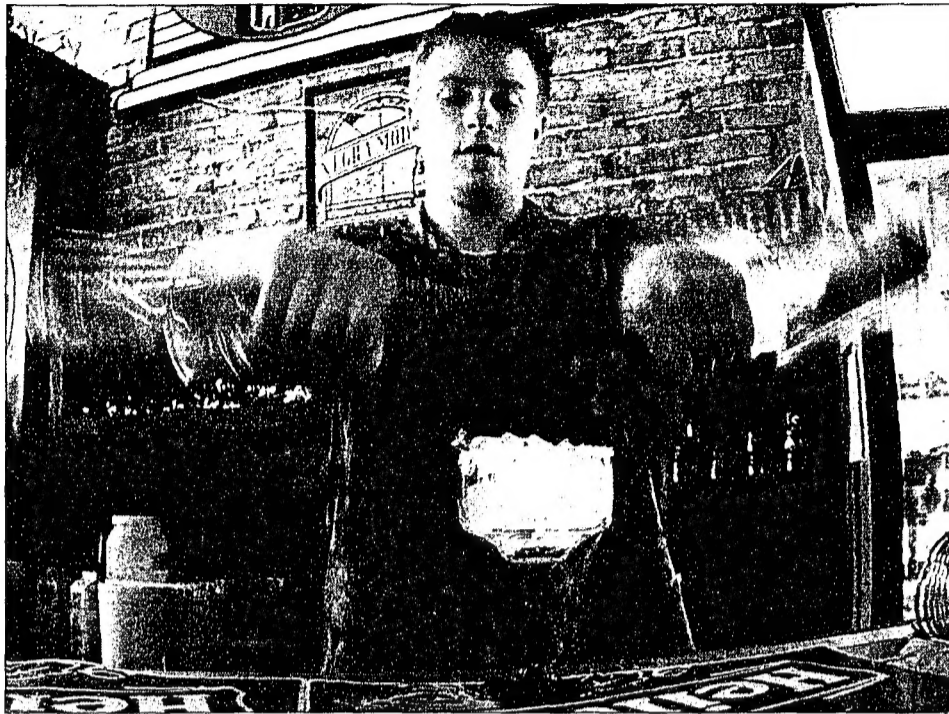
346-8400

Hours: Monday-Thursday 11:30 a.m.-9 p.m., Friday-Saturday 11:30 a.m.-10 p.m., closed Sundays

Price Range: less than \$15

Services offered: reservations, takeout
American Express, MasterCard, Visa and Diner's Club cards are accepted. Personal checks must be approved before ordering.

Located in the lower level of the Old Market Passageway, Trini's offers an intimate, yet lively dining experience. The lighting in the restaurant is a bit dim, but candles are placed at each table and create a mysterious, yet romantic atmosphere. The salsa and flamenco music that can be heard



Kelley Archer, a bartender at Michael's at the Market, serves up a margarita on a busy Sunday night. Michael's is one of the many restaurants found in the Old Market.

throughout your meal is enough to make you want to dance. Trini's menu has the typical Mexican food favorites: tacos, burritos, enchiladas and tostadas. Soups such as caldo xochil (Mexican chicken soup) and salads such as the Trini's Seafood salad (shrimp and crab on lettuce with avocado and tomatoes) are also served. Trini's has both lunch and dinner menus. Both offer the same choices, but the lunch menu is a bit cheaper in pricing. Trini's also serves vegetarian entrees such as cheese enchiladas and guacamole tostadas. Desserts include chocolate chimichangas, sopapillas (Mexican fried bread served with honey), deep-fried apple burros and many other desserts to satisfy your sweet tooth.

Michael's at the Market

1102 Harney St.

346-1205

Hours: Monday-Thursday 10 a.m.-11 p.m., Friday-Saturday 11 a.m.-midnight, Sunday noon-11 p.m.

Price Range: less than \$15

Credit cards accepted, checks not accepted

Another Tex Mex eatery, Michael's at the Market has a sporty casual atmosphere. Other than the traditional Mexican restaurant staples, additional fanfare such as Mexican pizza, potato nachos and chili rellenos are served. Non-Mexican alternatives such as hamburgers and Monterey ragin' Cajun chicken sandwich are also served. For dessert try a bowl of fried ice cream.

Vivace

1110 Howard St.

342-2050

Hours: Monday-Thursday 11 a.m.-11 p.m., Friday 11 a.m.-midnight, Saturday noon-midnight, Sunday noon-10 p.m.

Price Range: \$15-\$25

Services offered: Reservations, outdoor dining

Credit cards are accepted

Vivace's attractive, Victorian-like surroundings make it a wonderful place to enjoy a contemporary Italian meal. Vivace serves lunch until 2 p.m. each day and a dinner starting after 5 p.m. Menu items include a wide variety of tapas (appetizers), soups and salads, pannini, pizza and pasta. The restaurant offers dinner specials, which rotate every two to three weeks. Dinner entrees include beef tenderloin or ribeye, Italian veal or grilled swordfish. Vivace is also known for its extensive wine list, which includes over 200 Italian wines. The menu and prices for Vivace can be found on the restaurant's Web site, www.vivaceomaha.com.

Spagetti Works

502 S. 11th St.

422-0770

Hours: Sunday-Thursday 11 a.m.-10 p.m., Friday-Saturday 11 a.m.-11 p.m.

Price Range: less than \$15

Services offered: Outdoor dining, family friendly, carryout available
Credit cards accepted

An Omaha favorite, Spaghetti Works has a casual atmosphere that makes it a fun

place to hang out with friends. At Spaghetti Works, you can create your own pasta dish by deciding on what type of pasta (fettuccine, mostaccioli, angel hair bowtie, etc.) you want and the type of sauce you would like to go with it (original red sauce, spicy marinara, chili sauce and a variety of other sauces). If you're not sure what you want to try, order the works plate, which offers a sampling of every one of the sauces featured on the menu. If you're not in the mood for pasta, you can have a pizza or a sandwich. Another good menu item is the grilled sirloin. Combination plates include choices such as lasagna and eggplant Parmesan. Each meal comes with the salad bar and sourdough or garlic bread. While you are there, also be sure to try an Italian soda and one of the desserts such as the turtle cheesecake or carrot cake.

Howard Street Pub and Pizza

1113 Howard St.

345-5742

Price Range: less than \$15

Hours: Monday-Saturday 11 a.m.-12:30 a.m., Sunday: noon-12:30 a.m.

Services offered: Reservations, takeout

Credit cards accepted

Howard Street Pub and Pizza is a great place to hangout on a Friday night with friends. The party-like atmosphere makes it easy to unwind. Howard Street's menu offers appetizers such as cheese sticks, chicken wings, potato salad and coleslaw. The rest of the menu consists of specialty pizza pies, which can be ordered by the pie or by the slice. Some of the specialty pies you can find are The Vegetarian which includes broccoli, artichoke hearts etc., and Charlie's Chicken Pesto Pie. Howard Street also serves a variety of calzones, strombolies (described as a pizza burrito) and other sandwiches. Nightly specials are also offered.

Delice European Bakery and Cafe

1206 Howard St.

342-2276

Price Range: less than \$15

Hours: Monday-Thursday 7:30 a.m.-9 p.m., Friday and Saturday 7:30 a.m.-11 p.m., Sunday 7:30 a.m.-6 p.m.

Services offered: limited delivery, outdoor dining, reservations, takeout
Credit cards accepted

Delice offers a tasty eating experience for those on a budget. The menu offers a range of items, from soups, salads, quiches and sandwiches to a variety of pastries, cookies and desserts. You can stop in for breakfast, lunch or dinner or just for a snack if you are in the mood. If you're not in the

see Market, page 8

FUND A REFUNDS

Fund A refund forms for the summer semester are available in the administrative offices of the Milo Bail Student Center.

July 22nd
through
July 26th

from Health, page 3

suffering from the illness go into a cooler place and remove tight clothing. Have the person drink half a glass of cool water every 15 minutes, make sure he or she does not drink it too quickly. Do not give the victim alcoholic or caffeinated beverages — they can dehydrate the person even further. If the person refuses water, vomits or goes unconscious call for emergency assistance.

A more critical illness that can occur during the summer months is heat stroke, otherwise known as sunstroke. Heat stroke can be life-threatening since the body's cooling system is not working. Signs of sunstroke are hot, dry skin, a rapid or weak pulse and/or breathing, various changes in consciousness and a very high body

temperature. If heat stroke occurs seek medical attention immediately. Until help arrives, move the person to a cooler area and attempt to cool them down. The Red Cross suggests using wet towels and fans; if possible place ice packs on the victim's body in areas of high circulation (wrists, ankles, armpits and neck).

There are ways to prevent heat-related illnesses from occurring.

Wear lightweight and light colored clothing, drink plenty of water, avoid strenuous activity during high temperatures and take regular breaks when engaging in physical activity on hot days. ☺

Anarchy Comics: Bringing comics into the mainstream

Holly Lukasiewicz

The Hugh Hefner bed and wheat-grass smoothies of the now-adjourned Shock have been replaced with the no-less-exciting dwelling of evil and superheroes.

Travel down the stairs at 12th and Howard streets, into the throes of Thanos, Silver Surfer and Wolverine, or browse the wall of comics until you find your favorite.

Whether it's an addition to your Marvel Hero miniature game, the latest indie-comic craze or a quick computer game, Anarchy Comics and its new addition, Digital Divide, are continuing to share their plethora of comic knowledge at their new havens in the Old Market.

"Comics are cool again," says Wayne Mardi, five-year owner of Anarchy Comics and dedicated comic enthusiast since he could barely read.

"Hollywood's super-high on comic books right now. Kevin Smith ('Jay and Silent Bob Strike Back,' and 'Mallrats') owns a comic shop; he's a comic geek at heart."

The move from west Omaha to downtown has been a successful one and has shown the different comic interests between the two locations.

"Gaming was big out in west Omaha, but getting those guys to come downtown could be a challenge," Mardi says. "I don't think a lot of people know we're here yet — that's our biggest obstacle. But our comic book sales have definitely gone up, especially the independent stuff. Down here [in the Old Market] it's the cool in-thing."

The Comic Book Legal Defense Fund Web site also describes the resurrected-cool of comics: "The runt of American popular culture has grown up, and comics are now smarter, better and wiser than ever."

Mardi says there's been a gradual evolution in the comic book business.

Large businesses were so money-motivated that poor talent and low-quality comics were being produced. Underground companies, who often split from the large ones, became more creative and free, producing humorous comics full

of political statements.

These alternatives were especially popular in the '60s and '70s, but things are different today.

"The best changes in the comic industry have come from big companies," Mardi says. "They've realized the old way of doing things doesn't work. There's new people in the upper management and they used to be writers or artists who worked for the smaller companies."

the underground-type stuff. The big companies have done whatever it takes to get those guys, so the quality level has just gone way sky high."

Fans are okay with this because the big companies are doing what they want, Mardi says.

"The big companies now have an adult line of comics. It's not adult, like in porn, it's adult with a mature reading label. It deals with any type of issue, not just violence; it's sexual, it's social, it's political, its language is freer."

Mardi explained the two types of comics — graphic novels and trade paperbacks.

Graphic novels generally come out of the smaller press and are usually thicker, with one self-contained story.

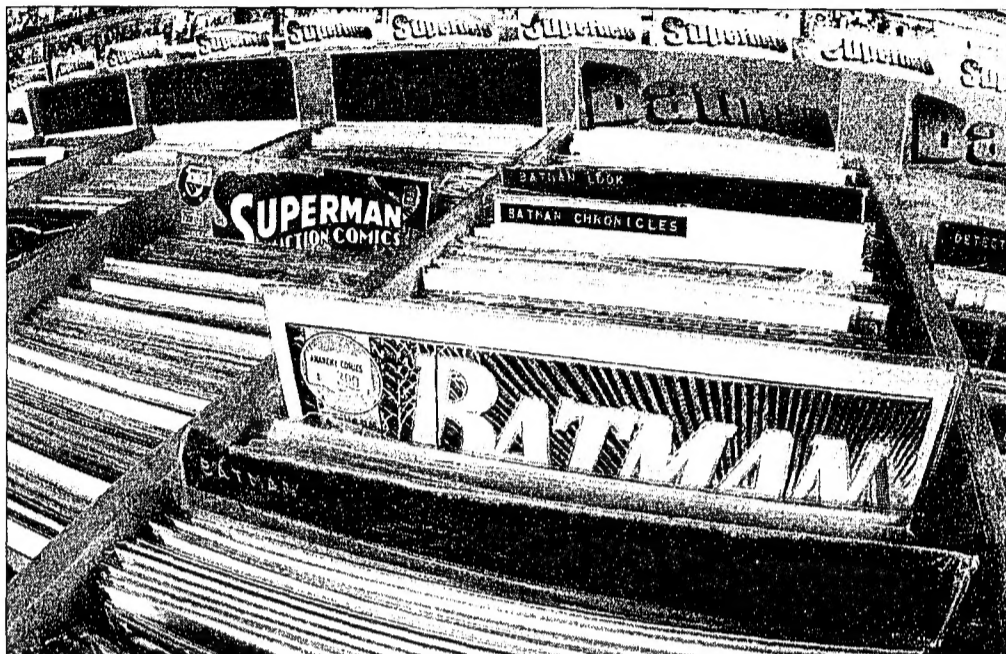
A trade paperback is a collected story from the smaller individual comics all put together, so four or five different comic books could be joined under one cover.

Mardi went on to a brief explanation of the many types of games in the comic universe.

"There's a game for every sort of genre," Mardi says.

There are card games, board games, miniature games and role playing games.

Miniature gaming is similar to a board game re-enactment of a comic. A popular game today is the Marvel Super Heroes.



"Comics are cool again," says Wayne Mardi, five-year owner of Anarchy Comics and dedicated comic enthusiast. The comic book industry has changed and become more popular in recent years.

"Play games have been around for a long time...they call it strategic war gaming; that's what the military uses. They've been using that since World War I, except you add an element when you're rolling dice," he says.

"Role playing games are more about sitting around a table and sort of pretending you're having these adventures," Mardi explains. "Generally it kind of flows, and you create the story as you go."

Larping, or live action roll playing, is different though; it's more like improvisational acting.

"You talk your way in and out of situations. That's when you say your lines," he says. "It's like acting -- you try and become this other character."

Anarchy prides itself on its place in Omaha as provider of underground presses.

"Every comic book store in Omaha has a different niche," he explains. "One store will get into Japanese anime and

action figures. Our deal's always been small press, alternative-type stuff. We always wanted to get down here [to the Old Market]...we kind of stumbled on to this place and said let's move as fast as we can."

The move has been good, and Anarchy remains a setting for gaming competitions. Digital Divide's Internet access lets players compete with others online or challenge others in the same room.

Mardi says they have plans to expand the store's realm of influence to include body jewelry and accessories, as well as a Web site to include reviews on art, movies and music, especially local talent.

"We want to be more of a pop culture," Mardi says. "[Comics are] becoming part of pop culture so we want to become like a center, it's going to take us a long time but we're trying."®

Bad Religion: Ending up where it all began

Mike Machian

Many thought the 22-year career of Bad Religion was finished with the release of 2000's *New America*.

"It was," confirms guitarist Jay Bentley at the Council Bluffs stop on this year's Warped Tour, but "it sucked so bad that it made me mad that we were going to end our career on that record."

Don't worry — he assures he's joking.

Bad Religion did decide to continue its career on the record label where it began, Epitaph.

Epitaph was created by Bad Religion founding member, Brett Gurewitz, to put out Bad Religion's records. Gurewitz left the band in

1996 after Bad Religion recorded its first album for Atlantic Records, 1994's *Stranger Than Fiction*. He needed to devote more time to Epitaph Records, which was experiencing major commercial success with The Offspring. Bentley also admits there was some in-band fighting going at the time as well.

After the release of *New America*, which Bentley said would be considered an "absolute failure" in terms of sales on a major label, they began to talk with Gurewitz about writing again. Gurewitz kept encouraging Bad Religion to work on a new album.

They decided to put all the feuds behind them and went into the studio to record what eventually became

Process of Belief.

Bentley described its recording as "surprisingly effortless" and declares, "after 13 studio albums in 22 years, I'm happy to say that we have made the best record we've ever made."

He feels part of the ease of making *Process* came with the fact that there was no longer was the pressure to be successful there had been at Atlantic.

"Being successful on an independent label and being successful on a major label are two entirely different animals... We were very successful as an independent artist and mildly successful as a major-label artist."

The process was so enjoyable

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CD reviews

Rae Licari

The Breeders
Title TK
(4 AD/Elektra)

The long-awaited third album from the Breeders is well worth the near-decade wait — and that's not something most albums can claim. *Title TK* picks up where 1993's *Last Splash* left off, with Kim Deal's breathy vocals and twin sister Kelly's fuzzy, sometimes hesitant guitar work.

However, *Title TK*'s songs are a lot more subdued; not much full-on rocking out can be found this time around. The songs' pace is a lot slower and the music itself is for the most part pretty mellow.

That's not to say the music isn't any good. On the contrary, *Title TK* is probably one of the best albums I've heard so far this year.

The disc has a quiet, dreamily melodic quality to it that makes for a

perfect headphones album with a substance most music nowadays is severely lacking.

Some of the standout tracks include disc opener "Little Fury," the feedback- and groove-laden track "The She" and the meandering, atmospheric "Forced to Drive."

Bottom line: A solid, triumphant comeback from one of the most under appreciated alt-rock bands in the business.

Grade: A



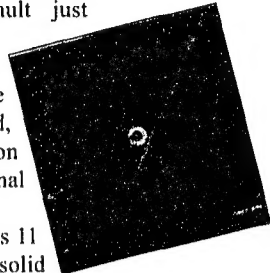
Glassjaw
Worship and Tribute
(Warner Bros.)

Long Island, N.Y.-based hardcore quintet Glassjaw busts out with *Worship and Tribute*, an aggressive sophomore album.

Front man Daryl Palumbo's intense sing/scream alternations coupled with the pounding instruments makes for a full-on sonic assault.

The assault just doesn't let up, either, which can either be good or bad, depending on your personal preferences.

The disc is 11 tracks of solid



pummeling and

screaming.

Personally, I'm not much into hardcore, so *Worship and Tribute* didn't do much for me other than give me a massive headache. Additionally, the songs sound so similar they tended to bleed into each other, making separations indistinguishable.

However, the disc isn't terrible. There is some small sense of melody involved in the music and Palumbo does sing for part of the time.

Bottom line: If hardcore's your thing, give it a shot. Otherwise, steer clear — unless, of course, you enjoy a good throbbing migraine.

Grade: C

see Reviews, page 8



Thursday vocalist Geoff Rickley gets intimate with his fans at the Vans Warped Tour 2002, which was held June 25 at Council Bluffs' Westfair Amphitheatre. Thursday played on the main stage at the all-day music fest, which also included bands MxPx, the Mighty Mighty Bosstones and Reel Big Fish among others.

photo by Mike Machian

Thursday on a Tuesday

Mike Machian
Bob Gass

The first act at the Warped Tour 2002 on Tuesday, June 25 was Thursday, who was on the main stage for the first time at the Westfair Amphitheatre.

Thursday has seen many good things happen this past year.

They are set to sign a contract with a major record label, Island/Def Jam, the video for their single, "Understanding in a Car Crash" has been getting regular airplay and their 2001 album Full Collapse has started to sell well for an independent release.

Most bands from the "indie" scene resist the move to a major record label. This is because they fear they will lose control of their image and the sense of family that comes with independent record labels. Thursday's situation differed, as they made

the move to a major label for those reasons.

"That was something we didn't have 100 percent ... before," says Tom Keeley, guitarist for Thursday.

The "before" Keeley is referring to is Thursday's previous record contract with Victory Records.

Thursday's Web site, www.fullcollapse.com, has a statement explaining its problems with Victory Records.

The statement, which explains why Thursday left Victory for Island/Def Jam, explains that the problems started when the owner of Victory Records left the band out of the loop when it came to promotion and other decisions.

The final straw, according to the Web site, came when Thursday learned that part of Victory Records might be sold to MCA. It was not until Thursday was faced with the prospect of changing labels against its will

see Thursday, page 8

Anchor Inn shows moved to Westfair

Mike Machian

Local concert promoter Brian Productions has decided to move all the concerts it had scheduled at the Anchor Inn, located on Freedom Park Road, to the Westfair Amphitheatre in Council Bluffs.

Contrary to what one would think, the decision was not based on recent noise complaints, says Brian Productions Vice President Dana Markel.

"Based on ticket sales we determined we needed a larger venue," Markel says.

While she says there have been noise complaints about the Anchor Inn, she pointed out that no Brian Productions

show at the Anchor Inn has ever received any noise complaints.

Several speakers were repositioned to cut down on excess noise at one of the last shows Brian Productions had at the Anchor Inn, Johnny Lang.

Some of the concerts that are being moved include Joan Jett and The Rock Never Stops Tour with Jackyl, Tesla and Vince Neil.

Brian Productions, based out of the Ranch Bowl, is no stranger to noise complaints. A few years ago noise complaints from neighbors of the Ranch Bowl put a stop to outdoor shows there. ☺

from Religion, page 5

that Bentley says they are already planning to record another album in March.

Recently many artists have come out against what they feel are unfair contracts and signing practices in the recording industry.

As part of a band that has been on both an independent and major record label, Bentley has no sympathy for their fight.

"Nobody put a gun to your head, you put the ... pencil to the paper and signed your name on the contract."

He believes artists shouldn't sign contracts without a full understanding of

what they are getting into.

"You sign onto a label knowing full well what you're doing...if you don't it's your fault for being uneducated."

He points out that the job of record labels is to sell records and make money, and independent or major, they will do that however they can.

His advice to bands that are looking to sign their first contract "is to start off on a smaller label just because ... there is more of a chance that a label will want to help you grow." ☺

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Live Wire: 700 Club G00000AAAALLL!

column by Brian Brashaw

Did you watch the World Cup? So did every insomniac in the country, mostly because we were tired of infomercials. Some of us became fans, others thought it a quaint novelty. Will soccer (football Europa) ever soar in the States? Not bloody likely. The 700 Club starts now.

Us Yanks don't understand it. The game is too slow, too cluttered, and not physical enough for us bloodthirsty, beer drinking, helmet crashing, five-for-fighting, show time dunking Americans. Yet, we like golf. Makes sense.

However the entire rest of the globe is head over heels for the beautiful game. It is something only they are good at, and for some European countries (France), the only thing that they are better at than the Americans, and that makes it very important.

Welcome to World Cup 2002.

France, you non-bathing, beret-wearing, brie-eating defending champions. You disappointed us. No goals in three games, and an early departure. Talk about stinking up the place. Tres pathetic.

Not to add insult to insignificance to you Frenchies, but the United States made one hell of a run and, for the first time since 1930, looked like they actually knew how to play your silly game.

The U.S. run captured our nation by excelling on a world stage, that quite frankly had no room for them until this turn of events. Advancing through the first round thanks to South Korea, and a win over Mexico in the Round of 16 launched the bandwagon. More Americans than ever tuned in to watch the USA battle the Germans. The U.S. fell 1-0 to the Germans, ending the parade. What a run though.

Now the question remains, will the sport thrive here now? Probably not. Soccer will enjoy moderate acceleration in popularity for a short time.

Through the summer, until football, American football, the real football starts again. And again, soccer will be an over-fortnight success story.

The beautiful game is just that. A beautiful game. Americans don't watch beautiful games. They watch collisions, brutes with egos, the possibility of blood and broken bones and then the athlete returning to play when it happens. Above all else, they watch because of the probability of much scoring.

Which is why soccer will not survive a seasonal appreciation. Not enough balls in the net. The World Cup's four quarterfinal games, two semi-final games, and the final combined saw just eight goals. Seven games of the Western Conference Finals of the

Brian Brashaw

Many of the UNO athletic staffs have undergone changes. Here is a brief listing.

Volleyball

Head Coach Rose Shires has hired former College of St. Mary star Kristen Lebeda as an assistant coach starting in the 2002 season. If the Lebeda name sounds familiar, it should - Kristen's sister Kylie Lebeda played her four-year career here at UNO.

Kristen Lebeda was a three-time NAIA All-American hitter, and led the Flames to four straight NAIA National Tournament appearances. She is currently teaching at St. Bernard Elementary after earning her degree in elementary education from St. Mary last May.

The season begins Aug. 24 with the annual Alumni game.

Women's Basketball

Kristi Washington, a 1999 graduate of Texas Tech University, will join head coach Lisa Carlsen's staff on the UNO women's basketball team in the upcoming season.

Washington replaces Tom Lee, who was with the program for one season and resigned to take an administrative position at Omaha North High School.

Washington played for Texas

Tech, and helped lead the Red Raiders to three Big 12 Championships during her career. She graduated with a degree in exercise science and went on to earn her master's of science in sports administration. She served as an assistant with Howard College last season.

Swimming and Diving

Tom Samland signed a three-year contract to remain the head coach of the UNO swimming and diving team July 1. Samland led the Mavericks to a second-place finish in the North Central Conference last season, and also led the team to a sixth-place finish in the NCAA Division II National Meet.

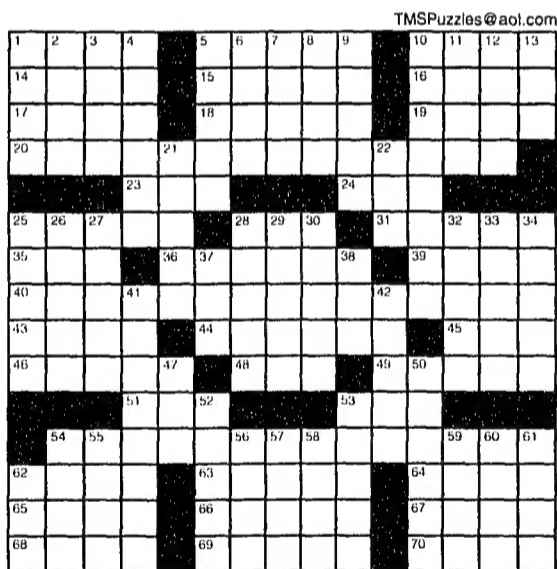
Football

Pat Behrns named former Oregon State Lineman Tim Camp as the new Offensive Line coach July 10. Camp replaced Don Knock, who left the program for a job at Iowa State.

Camp was a four-year starter with the Beavers and named an All-Pac 10 offensive lineman before joining the San Diego Chargers for one season. Camp coached offensive lines, tight ends and special teams for Western Oregon in 1996 and 1997. He also spent time with University of the South, and was the recruiting coordinator at Randolph-Macon College last season. ☺

see Goal, page 8

The Daily Crossword Edited by Wayne Robert Williams



By Norma Steinberg
San Francisco, CA

7/16/02

ACROSS

- 1 One of the Three Bears
- 5 Gauges
- 10 Arm or leg
- 14 High cards
- 15 Plus feature
- 16 Why, the very ...!
- 17 Palm-face encounter
- 18 Infamous Helmsley
- 19 Donkey or King follower
- 20 Weirdly unconventional
- 23 Scheider or Rogers
- 24 Devotee
- 25 Cruise ship
- 28 Notable time
- 31 Islamic holy city
- 35 I love: Lat.
- 36 Most rational
- 39 Wearing loafers
- 40 Did everything right
- 43 Mythical monster

DOWN

- 1 El ... TX
- 44 Block
- 45 Bachelor's last words
- 46 Staggers
- 48 Weighty weight
- 49 Dimwit
- 51 Drink like a cat
- 53 " the ramparts..."
- 54 Took one step toward success
- 62 mater
- 63 Fit of terror
- 64 Answer-man Trebek
- 65 Bridal netting
- 66 New York city
- 67 Unit of thunder?
- 68 Pot builder
- 69 One Fonda
- 70 Saint's glow

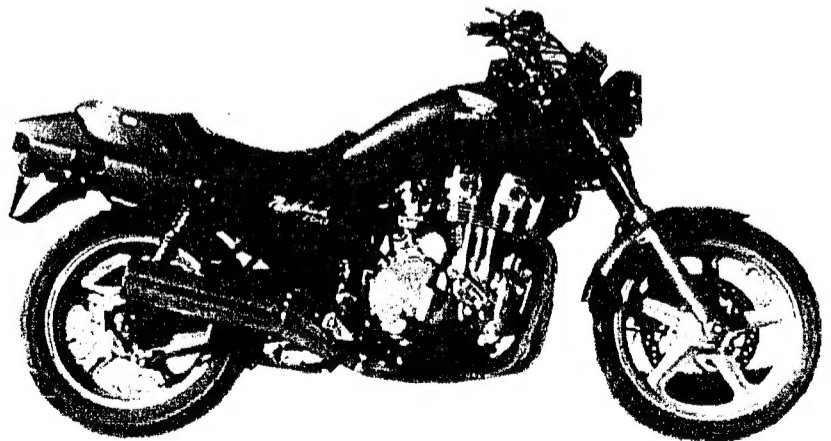
- 2 Rights monitoring org.
- 3 Bog substance
- 4 Seek
- 5 Linger
- 6 Listener's comment
- 7 From then on
- 8 Spring season
- 9 Group of employees
- 10 Semblance
- 11 Graven image
- 12 Repair
- 13 Capture
- 21 Scandinavian
- 22 Descartes' conclusion
- 25 Unions collectively
- 26 Picture
- 27 Dame University
- 28 Legislate
- 29 Like nostalgic fashions
- 30 Gray-faced
- 32 Dept. head

- 33 Residential unit
- 34 Attachment
- 37 Commercials
- 38 Punter's digit
- 41 Revealing
- 42 Not yet fulfilled
- 47 Convened
- 50 Jerry of "Law & Order"
- 52 Appear suddenly
- 53 Lyricist Hammerstein
- 54 Narrow secluded valley
- 55 Bypass
- 56 Kismet
- 57 1st letter
- 58 School in Houston
- 59 breve
- 60 Close tightly
- 61 Industrial show, casually
- 62 Gardner of film

Seasonal Motorcycle Parking

Additional seasonal motorcycle parking is now available for faculty, staff and students. Parking is available at the following locations on the north and south campus:

- southeast corner of Lot N (west of the Engineering building)
- northwest corner of Lot A (north of Kayser Hall)
- northwest corner of Lot M (south of University Library)
- southwest corner of Lot 2 (north of The Peter Kiewit Institute)



Summer Motorcycle Parking Available in the Parking Structure
Faculty, staff and students with motorcycles can park in the UNO parking structure through Aug. 23.
Those interested in doing so must contact Campus Security in Eppley 100 or call 554-2648.

Horoscopes

Madame Zora

- Cancer (June 22 - July 22)**
You don't exercise at all and you can feel the fat on your body jiggling whenever you walk. You are disgusted with yourself ... but you need more motivation before you do anything.

Leo (July 23 - Aug 22)
Impress a friend; buy him/her a pair of socks.

Virgo (Aug. 23 - Sept. 22)
Adam Sandler's movies suck, but they're the greatest.

Libra (Sept. 23 - Oct. 23)
You have discovered the single joy of life — a Wendy's Frosty. Indulge.

Scorpio (Oct. 24 - Nov. 21)
Because of extreme weather, I was unable to predict your horoscope. Hold on until next week. Meanwhile, just watch yourself.

Sagittarius (Nov. 22 - Dec. 21)
Your goddess Martha Stewart, the wind beneath your wings, your princess of perfection, has shattered and fallen. Pick up the pieces and make a colorful door ornament.
- Capricorn (Dec. 22 - Jan. 19)**
R-E-S-P-E-C-T, it means everything to me. Don't forget that, fool.

Aquarius (Jan. 20 - Feb. 18)
A bowl of beans a day, keeps everyone away.

Pisces (Feb. 19 - March 20)
Message to the males: if you enjoy movies with heroic, strong male figures, then stop acting like children and try to be more like them. Ohhh, that was cold, but reality hurts.

Aries (March 21 - April 19)
Life lesson #456: Don't swear in front of a religious authority. It's not good for your soul.

Taurus (April 20 - May 20)
Hey there cowboy, are you riding my way?

Gemini (May 21 - June 21)
Don't talk to people like you know everything, because then they'll think your smart, and as a general rule, people don't like smart people. Ah, the sweet ironies of life. ☹

from Thursday, page 6

that it "decided to find other options."

Since its contract forbade Thursday from signing to another independent label, "other options" meant signing with the major label of their choice.

Of all the labels that were now courting Thursday, they felt that Island/Def Jam was the "least businesslike" and "most family like," say Keeley and Pedulla, respectively.

Keeley says after talking to Island/Def Jam for a while they realized that they were on "similar wavelengths" and knew it was the right choice.

"You may not have money, but you still deserve music," singer Geoff Rickley said, concluding a short speech giving permission for fans to pirate his music.

Though Keeley acknowledged that music piracy "could possibly hurt sales," he went on to say, "It's only beneficial to...people who make music."

Pedulla said he believes true "music lovers ... would love an entire album" and buy it if they enjoyed it.

He thinks the majority of the problem lies with pop music fans. "Those are the people that will generally download songs and not want ... this nice CD or record," he says.

Keeley feels some mainstream

from Market, page 4

mood to eat, the café also offers espresso drinks, hot teas and Italian sodas.

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The Indian Oven offers authentic Indian cuisine. Menu items include many types of dishes including poultry, seafood, lamb and

musicians share some of the blame.

"I think if bands focused more on making complete albums and weren't so concerned with one song that stands out ... I think it would probably curb [music piracy] a little bit."

Near the end of the set, Rickley solicited donations to help cover the medical bills of local musician Tim Kasher (Cursive and Good Life). Kasher recently suffered a collapsed lung and has no medical insurance.

"I can't even imagine how that feels," says Keeley.

They said they met Kasher at a show but have been longtime fans of his work.

Watching Thursday play, one got the impression they are more at home at a smaller, more intimate shows.

An intimate show, however, is not possible at the Westfair Amphitheatre, where main stage puts you a good 15 feet from the crowd.

Rickley ended Thursdays set by breaching that gulf as he jumped onto the barricade in front of the crowd. From there he sang the last song in the arms of his fans. It's hard for a show to get more intimate than that at Westfair. ☹

vegetarian dishes. With a knowledgeable wait staff, your dining experience at The Indian Oven is one to be repeated.

Due to the fact that this writer only had one stomach and all that was left in her wallet was two pieces of lint, she was unable to dine at every restaurant in the Old Market.

Other restaurant choices include Tamam, which has a French-Arabic flair. The Passport, which has a variety of steak and seafood dishes from around the world and Ahmad's Persian Cuisine, which has an intimately casual atmosphere that makes it a great place to take a date.

Take a trip one evening to one of these pleasing eateries and indulge your palette. ☹

from Goal, page 7

Stanley Cup playoffs, saw 35 goals. The only good 1-0 game in the States is one after the first period.

Also, soccer players seem a little on the patsy side. Divers, fakers, actors. Another thing Americans won't stand for, drama queens on the pitch.

If it is not the game itself, or the Oscar worthy players, it is that in the States, we have such a variety of sports we enjoy with players at such high levels of talent, there is no possible way for one single sport to dominate the congregation of fans. Not like soccer is to the rest of the world. Soccer is king outside the lines of the U.S. and Canada. Inside, it is merely a nifty sideshow in the arenas of the NFL, NBA, MLB, NHL and the

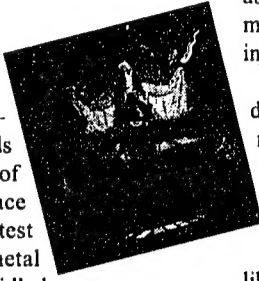
strong following of college sports.

Soccer, like the Olympics and Sumo wrestling, fills a very important role in the sports world. They are the novelty "every now and then" things that attract sports fans of all kinds, along with a localized consistently supportive fan base. They fill the void and tease our curiosity. The World Cup comes at a perfect time for sports fans, during the summer when all that is going on is baseball (snore) and draft days. And even though it enjoyed the highest American viewer-ship in ESPN2 history, just try having the World Cup final the same night as the Super Bowl.

One last thing, Landon Donovan is the man. ☹

from Reviews, page 6

Otep
Sevas Tra
(Capitol)



Rap metal — perhaps no two words bring such a sneer of contempt to my face quicker. I detest everything rap metal stands for — unbridled aggression and misogyny from spoiled suburban white boys.

So it's understandable how I might feel like a bit of a traitor for liking Otep's debut full length, *Sevas Tra*.

The Los Angeles-based quartet is rap metal by the books, but with a subtle difference — it doesn't totally suck.

There are two main characteristics that distinguish Otep from the rest of the rap metal hordes, the first of which is the fact that Otep's music is angry for a good reason.

For once, a rap metal band is raging not

about how unfair life is and how people are mean, etc., but about actual legitimate social injustices.

Not since Rage Against the Machine dissolved has there been such a socially minded group floating around.

And the other factor that sets Otep apart from the rest? The vocalist (also named Otep) is a woman.

Otep the vocalist growls and screams like a 21st century banshee on the 12 tracks of *Sevas Tra* (that's "art saves" backwards) while her band mates pound out churning metal mayhem.

The overall effect is just plain brutal.

Some of the standout tracks include the eerie spoken word piece "Thots" and the fiercely beat-heavy "Sacrilege."

Bottom line: Artful yet harsh, Otep's certain to make your head ache one way or another, be it with the thought-provoking lyrics or the punishing instruments.

Grade: A ☹

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